

MENU PLANNING RESOURCES FOR SCHOOL MEALS

This list includes selected Web sites and resources to assist school nutrition programs with menu planning for the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Handouts and guides are in *italics*. Key resources are in **bold**.



GENERAL

Basics at a Glance Portion Control (ICN):

www.nfsmi.org/documentLibraryFiles/PDF/20081006054447.pdf

Best Practices Sharing Center (USDA):

<http://healthymeals.nal.usda.gov/bestpractices>

Food and Nutrition Information Center (FNIC):

<http://fnic.nal.usda.gov/>

Food Buying Guide for School Meal Programs (USDA):

www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

Healthier School Day Tools for Schools (USDA):

www.fns.usda.gov/healthierschoolday/tools-schools

Healthy School Environment Resource List (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333786

Meal Pattern Training Resource (NFSMI):

<http://nfsmi.org/ResourceOverview.aspx?ID=425>

Meal Patterns for Five-day Week (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770

Meal Patterns for Seven-day Week (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334100

Menu Planning (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333780

Menu Planning Resources (USDA):

<http://healthymeals.nal.usda.gov/menu-planning-0>

Menu Planning Guide for School Meals (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320

Menu Planning Checklists for Five-day Lunch:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770

Menu Planning Checklists for Seven-day Lunch:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770

Menu Planning for the NSLP:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/mpnslp.pdf

Menu Planning for the SBP:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/mpsbsp.pdf

Menu Planning Resources (USDA):

<http://healthymeals.nal.usda.gov/menu-planning-0>

Institute of Child Nutrition (ICN):

www.nfsmi.org/

Nutrition Resource List (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333786

Nutrition Standards for School Meals (USDA):

www.fns.usda.gov/school-meals/nutrition-standards-school-meals

Offer versus Serve (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334322

Offer versus Serve in the NSLP:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/ovnsnlp.pdf

Offer versus Serve in the SBP:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/ovssbp.pdf

Operational Memoranda for School Nutrition Programs (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322550

Policy Memos for School Meals (USDA):

www.fns.usda.gov/school-meals/policy

Professional Standards for School Nutrition Professionals (USDA):

<http://professionalstandards.nal.usda.gov/>

Program Guidance for School Nutrition Programs (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320674

Questions and Answers on the New Meal Patterns (USDA):

www.fns.usda.gov/qas-final-rule-nutrition-standards-national-school-lunch-and-school-breakfast-programs

Questions and Answers on the SBP Meal Patterns (USDA):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/SBP/QASBP.pdf

Recipes (USDA):

<http://healthymeals.nal.usda.gov/recipes>

Regulations for School Meals (USDA):

www.fns.usda.gov/school-meals/regulations

School Breakfast Program (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320662

Smarter Lunchrooms Action Guide (CSDE):

www.sde.ct.gov/sde/lib/sde/PDF/DEPS/nutrition/smartlunch/SLAG.pdf

Smarter Lunchrooms (Cornell BEN Center):

<http://smarterlunchrooms.org/>

Special Diets (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333730

Team Nutrition (USDA):

www.fns.usda.gov/tn/team-nutrition

What's Cooking? USDA Mixing Bowl (USDA):

www.whatscooking.fns.usda.gov/

DIETARY SPECIFICATIONS

Get the Facts: Sources of Sodium in Your Diet (CDC):

www.cdc.gov/salt/pdfs/sources_of_sodium.pdf

High Sodium Intake in Children and Adolescents: Cause for Concern (CDC):

www.cdc.gov/salt/pdfs/children_sodium.pdf

Reducing Sodium in the Diets of American Children (AHA):

www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_433027.pdf

Tools for Schools: Reducing Sodium (USDA):

www.fns.usda.gov/healthierschoolday/tools-schools-sodium

What's Shaking: Creative Ways to Boost Flavor with Less Sodium (USDA):

<http://healthymeals.nal.usda.gov/whatsshaking>

CREDITING FOODS

Allowable Milk Substitutions for Nondisabled Children (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/milksub.pdf

Calculation Methods for Crediting Grains (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/graincalc.pdf

Child Nutrition (CN) Labeling Program (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/cnlabel.pdf

Crediting Commercial Meat/Meat Alternate Products (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/creditMMA.pdf

Crediting Breakfast Cereals (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/creditcereals.pdf

Crediting Enriched Grains (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/enrichedgrains.pdf

Crediting Foods (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796

Crediting Juice (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/creditjuice.pdf

Crediting Smoothies (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/creditsmoothie.pdf

Crediting Soup (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/creditsoup.pdf

Crediting Tofu and Tofu Products (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/credittofu.pdf

Criteria for Whole Grain-rich Foods (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/wgrcriteria.pdf

Evaluating Products for Compliance with the Whole Grain-rich Criteria for School Nutrition Programs (CSDE Operational Memorandum No. 22-14):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_22-14.pdf

Noncreditable Foods (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/noncreditsnp.pdf

Product Formulation Statements (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/pfs.pdf

Product Formulation Statement for Fruits and Vegetables (USDA):

www.fns.usda.gov/sites/default/files/PFSfv.pdf

Sample Product Formulation Statement for Grains (USDA):

www.fns.usda.gov/sites/default/files/PFSgrains13-14.pdf

Product Formulation Statement for Meat/Meat Alternates (USDA):

www.fns.usda.gov/sites/default/files/PFSmma.pdf

Vegetable Subgroups (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/vegsubgroup.pdf

Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA):

www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf

Whole Grain-rich Ounce Equivalents Requirements for School Nutrition Programs (CSDE):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/grainsozeq.pdf



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and [Meal Patterns](#) and [Crediting Foods](#) Web pages or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/mpresources.pdf.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;*
- (2) fax: (202) 690-7442; or*
- (3) email: program.intake@usda.gov.*

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut State Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Connecticut State Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Lery Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Act Coordinator, Connecticut State Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2071, Lery.Gillespie@ct.gov.